#### DIET AND EXERCISE

# How the Woman Indoor Worker Can Keep Well

DUTIES AT DESKS AND IN OFFICES REQUIRE A Breakfast Not Only Nourishing but Stimulating to the Digestive Process as First Essential—Then Come Plenty of Exercise to Relax Muscles, and FRESH AIR.

This is the seventh of nine articles on diet and exercise, the first three having been devoted to exercise and diet for stout women who want to reduce weight and the next three for the thin woman who wishes to Sincrease her weight and develop muscle. This is the first of three more erticles on "Advice for Indoor Workers."

By Doris Doscher.

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THE problem of the indoor worker covers such a wide scope and differs so with varying conditions that to keep physically fit the indoor worker must learn to do certain things. She must learn to nove her body correctly at her task, but that is not all. The evil effects of continual indoor occupation can only be overcome by learning to exercise the body.



lating exercises, proper relaxation and pleasureable recreation. You can guard against overburdening the body with foods unsuited for a person em- will be able to execute these moveployed indoors. It is absolutely im- ments with very little effort. perative for you to learn to twist and bend and stretch all the muscles of all day, do not start out in the mornthe torso, because whatever your ocing until you have eaten a breakfast

twist is excellent, not only because it loosens the muscle-bound waist line, but it pulls the taut muscles cooked, are very good also. from the spinal column.

the same on both sides, and this tion. lifting of the arms to shoulder height helps straighten the body at this

From position 1, keep the knees rigid and twist the body until you have turned as far as in illustration 2. It will surprise you to see how the taut But it will accomplish wonders in in improving the circulation, especially around the digestive organs.

as possible. After a little while you wish to keep well

cupation the tendency is to hold the that is not only sufficient to satisfy body rigid from the waist line to the your appetite but that is nourishing shoulders, making all necessary movedifficulties of the indoor worker is due ments from the head and legs only. to the fact that there are not suf-That is why I have chosen for you ficient laxatives among the foods one tendency. It gives you an oppor-tunity to twist to body, and this twist is excellent, not only because approached. In fact, bran cooked with any cereal is very good. Figs, raw or

Shredded whole wheat well chewed is excellent, and you should have a I want you to stand as in illustra-tion 1. Be sure that your arms are in an absolute level with your meat for breakfast, but if you have for developing the muscles of the breakfast, and everything is chewed arms and evening up the height of long and slowly, you will have very the shoulders. Few people measure little trouble in overcoming constipa-

You are to be confined indoors all take a few deep breathing exercises before staring out for your work. The you will take advantage of my suguscles bend at the unusual strain. gestion and walk at least a half mile find him in the shadow department every morning. You will be well soothing overwrought nerves and recompensed by the increased energy From position 2, swing backward size is that you, who are working in- LL. D. . and forward until you have gained a doors, be sure to drink plenty of wa- Doyle! of movement. At no time tor between meals. This flushes the LL. D. . . . Yes, that is correct. . bend the knees. Always twist as far system and is really necessary if you What does the LL. D. stand for? It

### For the Housewife's Scrapbook

Copyright, 1922 New York Evening World), by Press Publishing Co YSTERS are indigestible only of pail and cover and in a contrasting They should either be eaten raw or pail and in blue letters one reads, cooked at a temperature below boll- "beans," "rice," &c. She keeps all Oysters have not a high food the cereals in these well covered pails

Some housewives do not buy fresh ing if the pole is rubbed with hard knowne? This is Doyle. salmon nor the excellent swordfish soap before the fabric is hung over it. steaks on account of the "high price. They should consider that there is abclutely no waste in either of those ets

The pantry shelves in one New York household look very trim with lard pails all in a row. When lard is all hot water with a bit of sal soda in it, mixture to run over the hot pan. nen she washes it first with boiling water, then in tepld water and am-

The liver constitutes a large instead of in the cartons, likewise the artion of the cyster, and as this con- various crackers, and a few ten pound tains considerable uric acid, persons pails are utilized for doughnuts, cookwith uric acid diathesis should avoid ies, cake and bread. Curtains and hangings can be needle drawn back and forth without catch-

After cleaning out the clothes clospreparatory to housecleaning, fish, and as both are a filling food sprinkle them with water in which toaller portions need be served, hence bacco has been steeped, and then the price is really not a reasonable sprinkle with a little spirits of camphor and you will not be annoyed by

Te thoroughly cook an omelet keep shaking the pan gently and raise the sed this housewife soaks the pail in cooked portions to allow the uncooked

Order a fish steak cut thick for the monia. She dries it in the oven, then same reasons that you prefer a thickly as it well. She enamels the outside cut beefsteak.

### Can You Beat It!

IT DOESN'T

FIT

By Maurice Ketten

GOTIT

CHEAP











#### ARE YOU THERE?

Spook World Is Tapped for a Spicy Interview - By Neal R. O'Hara ·

shoulders. This position is excellent plenty of laxative fruits or food for Prominent Chautauquan Gets Earful of Spirits, With Consent of Anti-Saloon League, of Course.

> Drops hard-earned jitney into a peer. Call me "Sir." slot. Five minutes' wait. Then day and you really should try to he speaks into trance-mitter. ZZZZPUTSPUTBAMBAMZZZ: take a few deep breathing exercises "Central, I want to get Paradise DOYLE—What's that, Holmes"

7602," he says. "I want to talk with Yes, Mr. Sherlock Holmes. You will air, KDKA!

you bring to your day's tack. One a detective . . . That's right. . . . Mr. anyway. other point I am anxious to empha- Doyle! I said A. Con 'Em Doyle. I raid A. Con 'Em Doyle, VOICE stands for Lots of Lecture Datessilly! . . . Thank you.'

Bell rings. Bell rings.

CENTRAL—Is this Pagaza eight- there any mysteries to solve where came wistful, even sentimental. cight-one-thr-r-r-r-ree? You are?
Mr. Doyle? . . Just a minute, You are? Mr. Doyle? when overcooked. This tough- color designates contents of pail. This Mr. Doyle. Here's your party. All ens the protein in oysters, woman used flake-white paint for the ready, Paradise.

> like)-Hellohellohollo. DOYLE-Are you there? VOICE-Am I there? I should say I AM. I'm there forty ways.

DOYLE-Haw, haw. VOICE-Strange! Where have I heard that voice before? Quick, the listen to the spirits that want to talk usually piloted around by his older now as he looked into the sweet, in-

DOYLE-Helle, Holmes. Doncher-VOICE-Hello, Con 'Em. Course I Calling Me."

and all the little Doylles? DOYLE-Ripping, too. . . . I may, Henry. Holmes; how's everything in Para-

got my pipe along with me. briar one I wrote for you? my brother, Burton, give him my never to the briar one I wrote for you? my brother, Burton, give him my never to shoot too VOICE—Uh-hub. 'And say, gards. And tell him not to shoot too her girlishness and simplicity. He are the future is a half nut and if he don't care what people my about him detecting counterfeit coins has been nothing yet up here. Youghta see me, kid.

It it tell the world!

It is not to shoot too her are the notice for her and to the best "We must come here eften, just the future is a half nut and if he don't care what people my about him detecting counterfeit coins has been nothing yet."

It is not to shoot too her side in the notice for her and to the best "We must come here eften, just the future is a half nut and if he don't care what people my about him detecting counterfeit coins has been nothing yet."

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It is not to shoot too her side in the notice for her and to the best "We must come here eften, just the future is a half nut and if he don't care what people my about him detecting counterfeit coins has been nutty. That future-reading invented by a mint official in India.

Copyright, 1922, (The New York Evening World) by Press Publishing Company. LARGE gent goes into a trance. DOYLE-Don't call me "kid." I'm VOICE-Yes, sir. And say, kid,- set Margie's heart aglow.

VOICE-Oh, that's Pittsburgh try spring weather is so delightful, I feel Mr. Sherlock Holmes, personally. . . . ing to put a call in. Get out of the

DOYLE-Very annoying. Shadow Department—Mr. Holmes is Nobody from Pittsburgh up here.

DOYLE-L say, Sherlock; where's VOICE-Watson ain't here.

DOYLE-No? VOICE-No. Watson's suffering

One hour and forty minutes clapse. Watson to walk through the eye of a lights, there at that little table for hypodermic needle than get into this two, with the delicate strains of music frightened.

VOICE—Only one tough one. We're dired like this, just tete-a-tete," he ment, a little uneasy about that Mary confessed. "After the show I have "Bet A VOICE-(celestial but business- Langdon Baker-Allister McCormick usually gone with the crowd, usually off again. Except for that, every-

VOICE-I thought McCormack 1-4

Sherlock

# "MARGIE"

 By Caroline Crawford Copyright, 1922 (New York Evening World), by Press Publishing Co. The Love Story of a New York Working Girl.

Margery Mindon, nineteen, helps to support her widowed mother by working at the men's glove counter in a large New York department store. Her most intimate "chums" is Maisie Lee, a fellow salesgiri. Maisie's "steady" is Ciarcunce Wimple, a floorwalker. Margie has no "beau"—shie feels her real "Prince Charming" will come along and live up to her ideals. Begio this story to-day and see how Margie's dreams work out.

A TABLE FOR TWO.

her Prince Charm- fined, quiet people. ing added just the she desired. Spafford, too.

where she imagined he was a trifle VOICE-Yes, sir; it was easier for chilly and distant. Under the soft and faint fragrance from a tuberose DOYLE-Tell me, Sherlock, are in a blue vase, his cheery smile be-"This is the first time I have ever

wedding. Nobody seems to know a party of my sister's friends, but whether that'll be pulled off or called this is, well, it's really delightful."

"Better not be too interested in this can peer into the future young shop girl," she had said with a and tell you what's going to happen?"

"I guess that slowed him up, didn't young shop girl," she had said with a and tell you what's going to happen?"

"Wait a minute and I'll tell to off again. Except for that good and all the control of again. Except for that good and all the control of again. That was all he said but Margie

thing's quiet. By the way, what are understood much. After all, Spafford ou doing? was only twenty-five. He had been and a nineteen year old girl."

DOYLE—Lecturing in America. I about in society quite a little but His sister was right! He knew it sister. Now he was out with a young telligent face of the girl opposite him. woman whom he had selected himthe exclusive rights to "I Hear You self, not just some silly debutante

uit talking yet.

menu away from her and said, her out of the work-a day world. It I give him the ha, ha."

DOYLE—Oh, I mean Oliver, not "Please order for me, Mr. Spafford." was the first time the thought occurred to him, but had that thought "Not yet," he tells it the curred to him, but had that thought on the curred to him, but had that thought to the tells it the curred to him, but had that thought on the curred to him, but had that thought of the curred to him, but had that thought to the curred to him, but had the curr CENTRAL-Another nickel, please, he realized her point of view. Here ever been in her brain? for five minutes.

was a little working girl who had Their conversation was along the says I, 'or everybody'll think you're quiring the instrument to be shaken.

VOICE—Great! You know, I've . DOYLE—Dear me, I must stop, never supped after the theatre. She most practical lines and yet there one.' was unused to the bright lights of was a hazy atmosphere of romance

she would remember that little sup-66 WO!" said Spafford to the per for two all the days of her life, But, as they supped and enjoyed head waiter with a little ges- the music and dancing, love did not ture of his right hand that enter his head. He admired Margery Mindon, he looked upon her as salary of about \$50 a month. When in the world to most human beings. gling along in New York helping to poration serving lunch to the em- tele, people who like your food and support her mother. He would have ployees, she had a \$ to 5 job and tell others about it, who take a sort It was the first time she had ever an ideal young woman who was strugenjoyed an after- gling along in New York helping to theatre supper been afraid to take the Becky Sharp and the fact that style of salesgirl out with him, but it was to be with he had been to her home, met her mother and he knew them to be re-

Many times, however, this respect, touch of romance this high esteem for a young woman leads to love. As they passed from the lobster salad to an ice, Frank Spafford thought what an ideal wife seemed to change this girl would make. The clearness of from prickly heat-you know where, his attitude from that of the theatre, her blue eyes and something in her voice suddenly appealed to him, appealed to him in such a strong, forceful manner that at first he was

"What would my family think?" he

that sort of thing doesn't exist be- Friendly Patron slapped at the first started for the kitchen. Returning a tween a twenty-five year old man fly of spring on his baid head.

His sister was right! first place. Can't fool old Sherlock, rights—I got the talking privilege. Because Margie was unsophistively upon him.

DOYLE—Ripping.

VOICE—I didn't know Lodge had der, she smiled as she tossed the menu away from her and said, has been counter in the same counter in the same store with her. There was seat at the counter and after I get or would you prefer just to eat something dreamy in her eyes, a his order he tells me to hurry as he's couple lumps of sugar?"

VOICE—And how are Mrs. Doyle quit talking yet.

SCIENCE INVENTION.

DOYLE You mean the great big VOICE-Well, all right. It you see threadway and its after theatre sup- as they partock of demi-tasse and he says, riar one I wrote for you?

my brother, Burton, give him my re- pers. He loved her all the more for intened to the soft strains of music. "The

### THE GIRL WHO WANTS A JOB

## What the Girl Must Know In Domestic Science Work

TO SUCCEED IN THIS IMPORTANT FIELD OF ENDEAVOR

She Must Have Common Sense. Energy, Physical Strength and Plenty of Gumption-Opportunities to Succeed as Employee or in Business Are Many.

J'i p Grace Billings knows whereof she speaks when she outlines the domestic science training and the opportunities this profession offers its followers. Miss Billings has had a wide range of experience, which she briefly indicates in her article, and is at present an incorporator and officer of, as well as an extremely hard worker in, the Pequet Coffee House, Inc., a restaurant for the business men in the dozentown financial district.

ARTICLE IV. By Grace Billings.

Copyright, 1822 (New York Evening World), by Press Publishing Company. OMESTIC SCIENCE" is a

recent development among the professions, it has ifted woman's natural occupation -the care of the home and family -to the standing of a science, which no one can say it is not. Whether

taking care of John and the babies, technical knowledge. or whether her career turns to the less personal but none the less vital work of the college dormitory, the industrial plant, lunchroom or her own restaurant, she is certain to be a pretty useful citizen. Nothing in her training and equipment need

ever go to waste. Probably every specialist who has written in this beries for The Evening World has said "there is always room at the top." There is room there for the domestic science student. But there is room at the bottom too, and halfway up the ladder. In other words, it is a rapidly developing profession, with countless opportunities for girls who take it up. "Out of a job" is a condition which rarely faces the dictician or other trained worker. The Teachers College course (vary-

ing in length according to the preparation of the individual) has two general divisions, the study of cookery and its allied lines, and that of administration. The more experienced in bousehold things a girl is, the quicke she will assimilate the first branch. while a student who has been, for instance, a bookkeeper, will find her business experience very useful.

ized courses prepare girls for their mercial world, its routine and own individual lines. They are nique. Few women have this, own individual lines. They are nique. Few women have this, and it taught supply-buying, budget-mak- is as imperative as good financial ing, planning menus and service; one backing. In fact, the advice of a group prepares and serves lunch for business man who understands cost from thirty to forty people; another accounting, calculation of overhead has actual practice in catering for and intelligent advertising, should be school lunch problems of nourishment An independent venture must have and low expense. The value of this a good location, potential customers

work on, patronage is supplied, tant to their owner. and there is no competition. Yet it offers creative work, in matching together the pieces of a puzzle so as to things about the administration get the best results out of a given sit- one's own business far and away surnation. A beginner who lives in the pass those of the salaried worker. In institution gets all her expenses- catering to the "inner man" o board, room and laundry-plus a reaches just the most important thing she works in, say, a bank or a cor- The development of a friendly cliengets from \$20 a week up to about of pride in their favorite eating place

about institutional work. It is a kitchen, in the dining room and be never-ending routine. Three meals hind the desk, bring returns not only a day to be planned and prepared financially but in one's own personal means "early to rise" and not so very satisfaction, and therefore I, for one, early to bed. Time off comes at odd cannot be too discouraging about the hours and in short instalments. In goal of one's own business a large hotel, or where there are

many workers, the eight-hour shift has improved the working time a

great deal.

However, this gives invaluable experience and after a year or so a girl is ready to tackle something else. widely descriptive term which There are openings in hospital and covers a field of women's sanitarium dietetics, municipal school work as interesting as it is varied. lunches, colleges and boarding achools, Y. W. C. A. branches, tea rooms, hotels, banks and cafeteriss. These positions call for theoretical and practical knowledge combined. Understanding of food values must be adjusted to the peculiarities of the chof's range-or even his artistic

temperament. The woman who sits in an office planning an attractive and nutritive menu must guard against its overcrowding one part of the stove and leaving the rest idle. She must know how to take advantage of "bargains" in the market and yet keep her billsof-fare varied and enticing. The inthe graduate of a domestic science valid food worker, especially, must training course devotes, herself to have imagination in addition to the

sense, energy, physical strength and plenty of gumption. What-ever the job, it demands both physical and mental endurance. The worker is constantly on her and puts in a pretty long She also meets many different people, has little time for consecutive thinking, must jump her mind quickly from one thing to another and—a great trial to most of us—she inevitably rather things to est!

I have left until the end a discussion of the fascinating but perhaps dangerous experiment of opening one's own establishment. Many wom succeed amazingly well and it is in this independent work that the most money is to be made. Salaried women seldom rise above \$5,000 a year; the general rate is much mor

apt to be two or three thousand. But successful tea rooms return splendid dividends—after they are successful. Capital is necessary. So is busi-ness ability; and not only ability After the general study, special- first-hand knowledge of the occasions, another studies sought even before financial backing

raining in home economics to the far exceeding in number its daily girl who works awhile, then marries, seating capacity (for the stanchest need not be pointed out; it also pre-supporters cannot come every day), pares for an interesting and excellent and, of course, good food, well cooked livelihood if matrimony does not in- and sufficiently varied. For the proprietor of an eating place of this sort To the graduate, the biggest field -in fact, of any sort-soon learns and the one which gives the best rou- that there are as many different tine experience is that of the large tastes as there are people, and perinstitution. Here there is a budget sonal idiosyncrasies are very impor-

On the other hand, the pleasant and its "specialties" and are your bes advertisement, is a heart-warming oc-There certainly are drawbacks cupation. High standards, in Next Article-Teaching.

### Lucile the Waitress

 By Bide Dudley -Copyright, 1922 (New York Evening World) by Press Publishins -

half-hour call at the Mindon apart-

"Oh, I think they're all fakers," he replied.

"Me, too!" said she. "But think-What did life hold for her? She ing that got me into a bit of a jam one of the weather prestidigitators his sister or a designing matron had ralesman at some counter in the here this morning. A fellow takes a "wished" upon him.

"'What are you-a nut?' I says.
"'Not yet,' he tells me. "'Then quit talking that way,' ter after it has parted without re-

"Then you are a nut,' I expostu- table to hold playing cards.

moment later she continued: "It was a terrible fox pass I made

"Why?" "Beause, blame it all, that fellow is who predicts if it's going to rain er

not. How bout some dessert to-day Pressure on the top reunites the mercury in a new medical thermome-

"'I don't care what they think,' A Frenchman is the inventor of device to be clamped to the edge of a

don't care what people say about him detecting counterfeit coins has been

An electrical method for quickly